

This listing of claims will replace all prior versions, and listings, of claims in the application.

**Listing of Claims:**

1. (Currently Amended) A computer implemented method carried out by a user computing device comprising at least one hardware processor and at least one memory communicatively coupled to said hardware processor, the method comprising:

receiving remote user preferences setup from a remote user computing device associated with accessing user files;

storing said remote user preferences setup for accessing user files on the user computing device; stored on the user computing device; wherein the user preference setup comprising instructions and information of: polling schedules of a server, accessing IP addresses, file type information, security information, remote access privilege information, and instruction to assist the user computing device to establish a secure connection with the server; wherein the polling schedule of the server performs periodically and the security information includes user name and password of a remote user of the remote user computing device;

performing the polling schedule of the server automatically based on the user preference setup, wherein the polling the server includes the following operations:

establishing the secure connection via a network with the server to perform periodic polling by the user computing device, wherein the establishment of the secure connection with the server requires automatically providing the user name and the password;

in response to the establishment of the secure connection, the user computing device sends a requesting signal to the server to retrieve the task request; in response to the receiving of the requesting signal, the server forwards the task request to the user computing device and the task request is temporality storing on the user computing device; wherein the task request is generated by the remote user of the remote user computing device, the task request identifying one of the user files stored on the user computing device;

receiving, at the user computing device, the task request from the server;

processing the task request at the user computing device;

responsive to the processing of the task request, task request , generating a command by the user computing device to operating system of the user computing device to retrieve ~~causing the identified one of the user files stored on the user computing device and uploaded to be uploaded~~ the identified one of the user files to the server from the user computing device;

waiting, at the user computing device, for a schedule timer to expire based on the user preference setup;

logging off from the server and terminate the secure connection with the server when the schedule timer is expired; and

repeating the acts of polling the server performed by the user computing device based on the user preference setup for a new task request.

~~repeating at least the above act of polling a server for a task request;~~

~~based on the user preferences, periodically polling by the user computing device, a server for a task request , the task request generated in response to a request by a remote user computer and associated with the remote user computer, the task request identifying one of the user files stored on the user computing device;~~

2. (Cancelled) .

3. (Currently Amended) The method of claim 1, wherein said polling secure connection occurs over a transmission control protocol/internet protocol stack, through functions specified in a simple object access protocol interpreter.

4. (Currently Amended) The method of claim 1, wherein said ~~causing the one of the user files to be uploaded~~ the identified one of the user files further includes:

~~initiating a request to the user computing device's operating system for the one of the user files; and~~

~~receiving the one of the user files from the operating system.~~

5. (Currently Amended) The method of claim 1, wherein said uploaded the identified one of the user files further includes ~~causing the one of the user files to be uploaded~~ includes:

initiating a request to the computing device's operating system for the one of the user files;

instructing the operating system to upload the one of the user files to the server; and  
receiving an indication that the one of the user files was uploaded to the server.

6. (Currently Amended) The method of claim 1, wherein said uploaded the identified one of the user files further includes ~~causing the one of the user files to be uploaded~~ includes:

initiating a request to a message access protocol interface for the identified one of the user files from a message access protocol interface database; and

receiving the identified one of the user files from the message access protocol database.

7. (Currently Amended) The method of claim 6, wherein said uploaded the identified one of the user files further includes ~~the act of causing the one of the user files to be uploaded~~ ~~includes instructing the identified~~ one of the user files is to be sent to the server from the message access protocol database.